Vegetarian · Vegan · Grass Fed · MWOG · Cage Free · Free Range · Organic

San Domenico Café

Middle School Menu — December

Allergen Containing
Contains Gluten
Contains Dairy

EPICUREAN GROUP — fresh. honest. local.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	November 30, 2026	December 1, 2026	December 2, 2026	December 3, 2026	December 4, 2026
Soup	Vegetable Quinoa Lentil (MWOG)	Matzo Soup	Potato Chowder (V)(MWOG)	Tomato Bisque (V) (MWOG)	Grass fed Beef & Barley
Global adventures	Chicken Enchilada Casserole, (MWOG)	Penne Pasta w/ Pesto Sauce (V)	Crispy Chicken Tenders	Grass fed Beef Sliders	SD Homemade Assorted PIZZA
Side	Spanish Rice & Black Beans (MWOG)	Marinara Sauce (VG)	Mashed Potatoes & Gravy (V)	Homemade Potato Wedges (MWOG)	SD Homemade Cheese PIZZA (V)
Vegetable	Winter Vegetables (VG)	Winter Roasted Vegetables (VG)	Peas & Carrots (VG)	Corn on the cob (VG)	Cabbage & Carrots (VG)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (VG)	Fresh Fruit (V)
Deli Counter	Ham Sandwiches	Chicken Sandwiches	Cage-Free Egg Salad Sandwiches (V)	Turkey Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Bang Bang Sweet Potatoes (MWOG)	Buffalo Cauliflower (VG)	Veggie Pad Thai (VG)	Butternut & Black Bean Tacos (MWOG)	Vegetarian Lasagna (MWOG)
Vegan Bar (Menu)	Black Beans & Rice Crispy Tostada (MWOG)	Gluten Free Pasta & Marinara (MWOG)	Quinoa Pilaf MTO (MWOG)	Vegetable Curry with Brown Rice (MWOG)	Broccoli & Tofu Stir Fry MTO (MWOG)
Buddha Bowl	Crunchy Asian Ramen Salad (MWOG)	Bibimbap Salad (MWOG)	Jamaican Jerk (MWOG)	Roasted Saffron Cauliflower (MWOG)	Tostada Bowl (MWOG)
Week 2	December 7, 2026	December 8, 2026	December 9, 2026	December 10, 2026	December 11, 2026
Soup	Chicken Tortilla Soup (MWOG)	Healthy Kale & Quinoa Soup (VG)	Tofu Miso Soup (VG)	C F Chicken Noodles (MWOG)	Egg & Corn Soup (V)(MWOG)
Global adventures	Cage-Free Chicken/Cheese Quesadillas	Spaghetti & Meatballs	Cage-Free Fried Chicken	All Beef Hot Dogs	Butter Cage-Free Chicken
Side	Cilantro Rice & Refried Beans (VG)	Garlic Bread & Parmesan Cheese (V)	Mashed Potatoe & Cole slow (V)	SD Homemade Fries (VG)	Aloo Palak, Basmati Rice
Vegetable	Fall Vegetables (V)	Organic Beet & Organic Carrots (V)	Sautéed Cabbage (V)	Steam Corn on The Cob (V)	Pakoras (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Roasted Turkey Sandwiches
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Kale Quiche (V)	Pizza Bites (V)	Chile Rellenos Baked	Mushroom Tetrazzini Organic Brown Rice (VG) (MWOG)	Sweet Potatoes & Corn Enchiladas (MWOG)
Vegan Bar (Menu)	Butternut Squash, Black Bean Tacos (VG)	Gluten Free Pasta & Pesto or Marinara (V)	Organic Brown Fried Rice Bar MTO	Garlic Sesame Noodles & Tofu (VG)	Avocado Toast (MWOG)
Buddha Bowl	Pomegranate Salad (MWOG)	7 Layer Dip Bowl (MWOG)	Poke Bowl Tuna Salad (MWOG)	Spring Fusion Gyoza (MWOG)	Dragon Bowl & Prawns (MWOG)
Week 3	December 14, 2026	December 15, 2026	December 16, 2026	December 17, 2026	December 18, 2026
Soup	Green Chicken Pozole (MWOG)	Alphabet Soup (V)	Wonton Soup	Tortellini Soup (V)	Organic Roasted Tomato (V)
Global adventures	Grilled Steak Burritos	Penne w/ Marinara or Bolognese Sauce	Grilled Rosemary Lemon Chicken	Nacho Bar w/ Beef & Cheese Sauce	SD Homemade Assorted PIZZA
Side	Spanish Rice, Beans (VG)	Garlic Bread & Parmesan Cheese	Mashed Potatoes (V)	Cilantro Lime Rice & Black Beans (VG)	SD Homemade Cheese PIZZA (V)
Vegetable	Roasted Cauliflower (V)	Broccoli & Carrots (VG)	Crispy Polenta Cakes (VG)	Fresh Grilled Corn (V)	Fresh Grilled Corn (V)
Fresh Fruit	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)	Fresh Fruit (V)
Deli Counter	Turkey Sandwiches	Chicken Sandwiches	Ham Sandwiches	Roasted Turkey Sandwiches	Tuna Salad Sandwiches (V)
Eat Your Greens!	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)	SD Salad Bar (V)
Live Well (Veggie Menu)	Carrot Tart & Ricotta (V)	Kung Pao Broccoli & Tofu (MWOG)	Veggie Wraps MTO (MWOG)	Vegetarian Empanadas (VG)	Eggplant Curry & Corn Bread (V)
Vegan Bar (Menu)	Spicy Mango & Chili Lime (MWOG)	uten Free Pasta, Pesto & Marinara (MWOG	Sauteed Quinoa w/ Fennel (VG)	Grilled Portobello & Chimichurri (MWOG)	Fried Plantain (MWOG)
Buddha Bowl	Poke Bowl & Lime Vinaigrette (MWOG)	Spaghetti Squash (MWOG)	Quinoa Burrito (MWOG)	Chop Salad (MWOG)	Waffle Tofu & Grilled Pineapple (MWOG)
Week 4	December 21, 2026	December 22, 2026	December 23, 2026	December 24, 2026	December 25, 2026
Soup					
Global adventures					
Side					
Vegetable					
Fresh Fruit					
Deli Counter					
Eat Your Greens!					
Live Well (Veggie Menu)					
Vegan Bar (Menu)					
Buddha Bowl					
Week 5					
Soup					
Global adventures					
Side					
Vegetable					
Fresh Fruit					
Deli Counter					
Eat Your Greens!					
Live Well (Veggie Menu)					
Vegan Bar (Menu)					
Buddha Bowl					



Dietary restrictions labels - Fresh, natural, prepared-from-scratch meals served with local, seasonal produce, organic meats, and natural ingredients. Salad Bar every day!